



Photo by Tech. Sgt. Pamela Anderson

An Iraqi mother comforts her 9-year-old son at the Air Force Theater Hospital, while 1st Lt. Lori Walker, a clinical nurse, treats him. The boy was injured in a terrorist car bomb explosion in the town of Balad Sept. 29. The mother initially believed her child was killed in the blast. After the explosion, about 30 Iraqis were transported here to be treated, with 14 were unidentified. On Oct. 2, two Iraqi contractors were looking for three friends missing since the bombing and were able to identify 10 of 14 the patients, including the child, who was reunited with his mother Monday.

AFTH staff saves lives of terrorist attack victims

By Maj. Robert Couse-Baker
332nd AEW Public Affairs

Shortly after terrorists set off a string of car bombs in the nearby town of Balad Sept. 29, medical professionals at the Air Force Theater Hospital prepared for an influx of severely injured patients.

"When we started unloading the first Army helicopter, I realized that everyone who came in was going to require an opera-

tion," said Maj. (Dr.) Alan Murdock, 332nd Expeditionary Medical Group chief trauma surgeon.

Working through the night and into the next day, the hospital's staff would treat more than 29 Iraqi civilians, including three children. In all, the 19 military surgeons performed more than 80 procedures.

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Here to serve others



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Airmen tour Balad



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Following 7 Ps



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RED MEANS ACTION

The warning "Alarm Red" means you take cover immediately and don your personal protective ensemble. Stay under cover until released for duty or until you hear the "all clear." A sense of urgency may save your life and the lives of the Airmen around you.

The warning "INCOMING!" means enemy fire is in flight and headed to your sector WITHIN SECONDS. If you're not within a few steps of shelter, immediately drop to the ground in a prone position. Move quickly to nearest cover after the initial attack.

If you see someone who isn't taking cover, remind them of the alarm condition — they might not have heard the warning. It's your job to help spread the word.

"I empower every Airman to be a part of force protection for this base," said Brig. Gen. Frank Gorenc, 332nd Air Expeditionary Wing commander.

The enemy is gambling you won't take him seriously - you can bet your life on it.



Photos by Airman 1st Class Chad Watkins

COMMANDER'S ACTION LINE

As a service for Balad Airmen, the 332nd Air Expeditionary Wing operates the Commander's Action Line program. The line is a way for Balad Air Base members to get answers to questions or express concerns about life on the base.

Brig. Gen. Frank Gorenc, 332nd AEW commander, gives action line queries his personal attention. The *Red Tail Flyer* will publish those items that are judged to be of general interest to the Balad Air Base population. In addition to using the commander's action line, Balad Airmen are asked to remember their chain of command when dealing with problems and concerns.

The Commander's Action Line can be reached via e-mail at 332cc.actionline@blab.centaf.af.mil. Those using the action line should include name, unit and phone number in case additional information is needed and for a timely response.

(Left) Brig. Gen. Frank Gorenc, 332nd Air Expeditionary Wing commander, talks with Rep. Melissa Bean of Illinois about the mission Airmen at Balad Air Base are performing. Representative Bean and four other representatives visited the base Saturday.

332nd Air Expeditionary Wing
Brig. Gen. Frank Gorenc
Wing Commander

Editorial Staff

Maj. Robert Couse-Baker
Public Affairs Chief
Tech. Sgt. Pamela Anderson
Public Affairs NCOIC
Staff Sgt. Tammie Moore
Red Tail Flyer Editor
Senior Airman Bryan Franks
Web Administrator

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<http://www.afnews.af.mil/iraq/baladarchive/current.pdf>

Helping deployed Airmen unwind

Story and photos by Senior Airman **Bryan Franks**
332nd AEW Public Affairs

Deployed Airmen tend to work longer hours and in harsher conditions than at home station, so the 332nd Expeditionary Services Squadron is here to ensure they have the opportunity to relax at the end of their shift.

The 332nd ESVS provides creature comforts like recreation activities, educational opportunities and fitness that help Airmen rejuvenate.

"Our main mission is to keep the Airmen entertained and relaxed so they can stay focused on the mission," said Lt. Col. John Williams, 332nd ESVS commander. "When you work, we work ... when you play, we work harder."

The recreation tent, also known as the Panther Pavilion, is one of those venues.

Inside the facility, which is open 24 hours a day, seven days a week, Airmen play pool, computer and console games, watch movies from a collection of more than 600 DVDs and enjoy the occasional slushy, he said.

"I've been here for five days and this is the first time I've been in the recreation tent," said Senior Airman Anthony Swain, 332nd Expeditionary Operation Support Squadron air traffic controller. "This place will help make the time pass, besides I got pool tables, so I'm happy."

The tent also has computers for people to surf the Internet and a movie room where new release movies play.

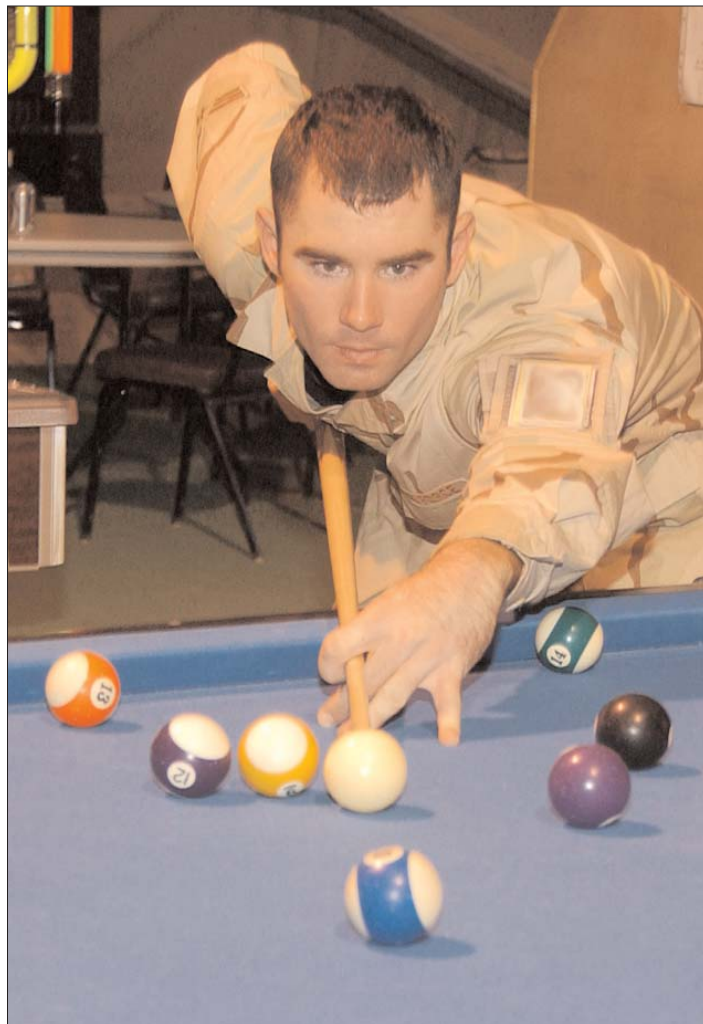
The entertainment doesn't end in the tent. The services squadron also runs the Tuskegee fitness center and organizes outdoor games like basketball, volleyball and dodgeball.

"The week after we arrived, my 14-member team put together an ultra-packed weekend that included a party where we gave away 50 pizzas," Colonel Williams said. "After that, we held a sports day that concluded Monday with a 16 team dodgeball tournament."

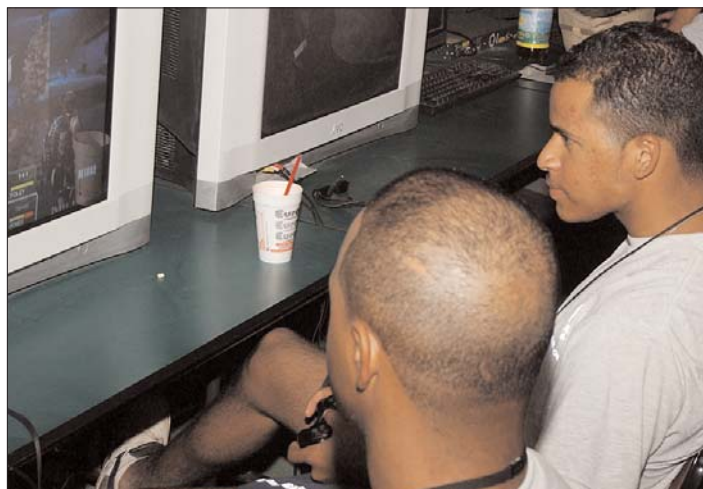
The services squadron's 24-hour a day mission also provides Airmen a way to further their knowledge with an education center, Colonel Williams said. The center provides CLEP/DANTES testing for those who are interested in earning college credits in pursuit of their Community College of the Air Force degree. Airmen can go to the Air Force Virtual Education Center Web site to check their progress and see which specific credits they need.

There is more to come from the 332nd ESVS, like a new recreation tent to handle the more than 5,000 Airmen and Soldiers who use the facility, with a larger fitness center and \$100,000 worth of equipment, Colonel Williams said. When the library opens a little later this month it will have over 1,500 pieces of media.

"We are currently looking into expanding the facility to include a cyber café with faster internet connections," he said.



Senior Airman Anthony Swain, 332nd Expeditionary Operations Support Squadron air traffic controller, takes a shot during a pool game at the Panther Pavilion. The recreation tent is open 24-hours a day.



Airmen 1st Class Joseph Wallace (right) and Charles Viney, 332nd Expeditionary Civil Engineering Squadron escorts, play a console game at the recreation tent.



Photos by Staff Sgt. Shannon Kluge

(Right to left) Senior Master Sgt. Steven Laser, 555th Aircraft Maintenance Unit, explains features of the F-16 cockpit to Staff Sgt. Darnell Roberts, 332nd Expeditionary Logistics Readiness Squadron, and Col. Peter Durand, 332nd Expeditionary Aero-medical Squadron during a Passport Tour Sept. 28.

Passport offers Airmen ticket to base

By Staff Sgt. **Tammie Moore**
332nd AEW Public Affairs

The Passport Tour program offers Airmen at Balad the opportunity to see first-hand how the jobs being performed here support Operation Iraqi Freedom.

"I would highly recommend to anyone interested in learning more about how this installation operates or about what Airmen outside of their office do, to sign up for the tour," said Staff Sgt. Darnell Roberts, 332nd Expeditionary Logistics Readiness Squadron vehicle maintenance heavy equipment

mechanic, who attended the Sept. 28 tour.

The Passport Tour program, sponsored by the Top-3, has 16 different touring destinations which include the fire department, the Contingency Aeromedical Staging Facility and Explosive Ordnance Disposal. Each tour normally consists of six stops and is run from 8:45 a.m. to approximately 3:45 p.m.

"We offer Airmen this chance because it helps them understand how their role here relates to the base mission," said Master Sgt. David Bible, Passport Tour

program coordinator and 332nd ELRS vehicle maintenance superintendent.

In addition to highlighting how the mission comes together, the tour provides many an opportunity to see new things.

"The most fascinating part of the tour was visiting the Predator," Sergeant Roberts said. "I had never seen the Predator up close before. I didn't understand how important it is in supporting the base and fighting this war."

For more information about the tour, contact Sergeant Bible at 443-7186.

Congress visits Balad's Airmen

(Left to right) Rep. Thelma Drake of Virginia, Rep. Lynn Woolsey of California, Rep. Melissa Bean of Illinois, and Rep. Brad Miller of North Carolina, receive a briefing from Maj. Sam Morgan, 46th Expeditionary Reconnaissance Squadron, about the capabilities of the Predator. The congressional delegation visited Balad Air Base Saturday to meet Airmen and learn about the Air Force mission being performed here.



Photo by Airman 1st Class Chad Watkins



Photo by Airman 1st Class Chad Watkins

Air Force medics rush an injured Iraqi from an ambulance Sept. 29. The Iraqi citizen was caught in the car bomb blasts that occurred earlier that day in the town of Balad. Patients were rushed to the Air Force Theater Hospital following the attack.

Care, from Page 1

"This would have overwhelmed most level-1 trauma centers in the states," said Col. (Dr.) Elisha Powell, commander of the 332nd EMDG. "Not a single one of (the injured Iraqis) had minor injuries."

As the wounded arrived, it was clear to the staff that prioritizing the care was going to mean the difference between life and death for many of the patients. Dr. Murdock quickly began

assessing the patients' injuries, then matched them with the most qualified providers.

"We broke the surgeons down into teams, depending on the injuries," he said.

Some teams had an orthopedic surgeon matched with an expert in repairing blood vessels. Because of the extent of the carnage, many of the hospital's specialists would need to apply their specialties, including brain surgery. Others would focus on basic emergency lifesaving efforts.

"Whatever skills you have, you put them best to use wherever they're needed," said Maj. Kim Sullivan, chief night nurse supervisor with the Australian Army. His focus was tracking the big picture of patient and resource flow.

Like a juggler, Major Sullivan said, "You have to keep a lot of balls in the air at once."

By the standards of any medical center — let alone one operating in tents and trailers in a war zone — there was a huge amount of activity. At times, there were as many as six simultaneous emergency operations.

"It's the specific mix of people we have here that made this work," said Lt. Col. Bryan Angle, 332nd EMDG ophthalmologist.

Most of the medical personnel had only been here a couple of weeks, including many deployed from Wilford Hall Medical Center in San Antonio. The team also included a tri-service contingent from the Australian Army, Air Force and Navy. Early on, the word went out on base for all medical people to report to the hospital, but it wasn't necessary.

"When they heard all the helicopters, they just came to the hospital," said Lt. Col. Donna Smith, 332nd EMDG chief operating room nurse.

Colonel Smith said much of the success of the response was due to the "silent heroes," those who mopped the floors and took out the trash — without being asked. Specifically, she cited the Airmen in central supplies who worked nonstop to keep clean surgical instruments available for the huge number of operations.

The "silent heroes" were not just members of the hospital staff. Support from the rest of the base materialized wherever it was needed, she said.

"We didn't have to ask for things like the food and water. It just appeared," said Maj. (Dr.) James Johnson, 332nd EMDS chief of anesthesiology.

But sustenance for the staff was not the only thing that arrived on cue. One Iraqi victim needed a transfusion of the rare blood type AB positive. This did not become a problem, however, as donors stepped forward just minutes after the request went out.

"It was an honor to assist the host nation health care system. Iraqi hospitals took care of many more of the casualties than we did," Dr. Powell said.

Despite the success of saving so many lives, many in the hospital expressed frustration that the insurgents are targeting innocent civilians, including women and children.

"This was a terrible event. But we feel fortunate to be able help heal some of the damage inflicted on our Iraqi neighbors," Dr. Powell said.

Slimming down while deployed

By Staff Sgt. **Tammie Moore**
332nd AEW Public Affairs

Many people come to the desert thinking it will be easy to lose weight, with walking everywhere, working long hours and the warm temperature, pounds should just fall right off.

However, after arriving and discovering the DFAC's abundance of choices and willingness to serve twice as much food as an individual could possibly consume, losing weight can be difficult.

"Simply put, too much of a good thing is never good," said Master Sgt. Kenneth Pagano, Contingency Aeromedical Staging Facility NCO in charge of nutritional medicine. "Eating healthy means more than staying away from the desserts; you need to know what a serving size is, and more importantly, you need to keep yourself from overeating. Chances are, if you are being served large portions and cleaning your plate at dinner, you are eating more calories than you need."

A serving of meat is three to five ounces or about the size of a deck of cards. Starch serving size range from a third cup of rice to a half cup of noodles or a small baked potato.

"You certainly can indulge on the vegetables; although, as a rule of thumb eat half a cup cooked or one cup raw," Sergeant Pagano said. "You should watch out for added fats in all these selections."

A strict diet with no room for compromise is not recommended by Sergeant Pagano.

"Remember, it is OK to treat yourself," Sergeant Pagano said. "Don't be afraid of grabbing a scoop of ice cream or a piece of delicious cheesecake, just don't do it every night. Instead, grab a piece of fruit; one medium sized apple is a serving and don't forget to snack on healthy food items in between your meals."

Individuals interested in maximizing their weight lost by working out have multiple options here. There are five

gyms, an indoor pool, an outdoor pool, volleyball courts, basketball courts and more.

When beginning a workout program people should pick what they like and stick with it, said Yolanda Gaddy, Kellogg-Brown and Root morale, welfare and recreation Air Force supervisor.

While striving to achieve weight loss and fitness goals, observing a few precautions can help prevent injuries.

When beginning a workout program an individual should pace themselves, said Capt. David Browder, 332nd Expeditionary Medical Group physical therapist. "We see a lot of overuse injuries. These injuries are more common in those who are not used to exercising as frequently as they do here — going from two to three workouts a week to five or more can cause injuries. Changing an existing exercise program or starting a new program should be done gradually to allow your body to adapt."

By setting achievable goals with realistic time frames people are less likely to get hurt, Mrs. Gaddy said.

"One way to prevent injuries when weight lifting is to use a four-day cycle," Captain Browder said. "I recommend on the first day do several exercises that work the back and biceps; day two legs and abdominal; day three the chest and triceps; and day four a different activity, such as volleyball."

"Cardiovascular workouts should follow a similar principle, don't run two days in a row, run three times a week with days of rest or other activities in between, giving your body time to adapt and heal," Capt. Browder said. "If you want to do more exercise — do a different type, such as biking or swimming so that the same structures are not stressed repetitively without time to heal."

"If your personal mission is to lose weight and get in shape while deployed, I salute you," Sergeant Pagano said. "Good portion control and a regular exercise routine will make your slim down a success."

BALAD AIR BASE UNIFORM TIPS

When wearing the desert camouflage uniform or flight suit reflective a belt will be securely fastened around the waist (not around the shoulder). Guidelines on reflective belt wear can be found in 332 AEW 36-2903 section two, [Dress and Personal Appearance Standards].



Right



Wrong

Following 7 Ps

Proper prior planning prevents pitifully poor performance

By Staff Sgt. **Thomas Brick**
332nd Expeditionary Contracting Squadron

As a young boy scout sitting in a junior leadership training class, I was taught something that sticks with me to do this day. The subject was the Seven Ps: Proper prior planning prevents pitifully poor performance. This phrase ties in very well with our day to day mission here.

Being deployed to the desert puts us in the spotlight, we are the lead element of our Air Force. The Seven Ps should be utilized while deployed more than ever, because if we fail to properly plan here then the poor performance to follow could be the loss of life or multimillion dollar aircraft.

But the Seven Ps aren't just useful for the big things: they are useful in everyday operations and can make your mission here much easier. When any project comes to you from your leadership, you should immediately set a plan in motion to not only get the mission accomplished, but to get it accomplished the right way.

Just because we are in a forward deployed location doesn't mean we should just slap something together and call it good. Field-expedient fixes are fine, but as soon as we get that fix in place we need to start planning to do it right and not just put it off. This goes back to our core value of "Excellence in all we do;" it is something that sets us apart.

This also applies to procedures and plans that were in place before we arrived at Balad. If you see something you know is not working well and causes problems, don't just shrug it off and say, "That is how we do it here," do something to change it.

As a boy scout, I was taught to leave a place better than I found



Photo by Staff Sgt. Tammie Moore

Staff Sgt. Thomas Brick, 332nd Expeditionary Contracting Squadron, reviews Defense Federal Acquisition Regulation Supplement for rules about commodity purchases.

it. That can mean simply cleaning up after yourself and what others may have left behind, or it could mean improving the place by making things work better. You can create a plan that makes your shop more efficient or solves a problem others have left behind.

This is your base for four to six months, or perhaps a year; do you really want to deal with a field-expedient fix for that long? Do you want to just meet the minimum requirement of the mission without really accomplishing much?

Take advantage of your time here to make this base better for yourself and those who will follow you by using the Seven Ps.

News Notes

- ◆ **The Air Force Clinic provides Air Force service members and defense civilians non-urgent care, immunizations, life skills and GYN services Monday through Saturday from 7 a.m. to 6 p.m. and Sunday from 8 a.m. to noon. Walk ins are welcome or to make an appointment, call 443-7322. For emergencies, call 911.**
- ◆ **A four session tobacco cessation program is offered at the Air Force Clinic Wednesdays at 5 p.m. For more information, call 443-7306.**

Balad AB Religious Schedule

Protestant - Traditional

Sundays
7:30 a.m. Hospital, 9:30 a.m. Provider Chapel, 10 a.m. Freedom Chapel

Protestant - Gospel

Sundays
11 a.m. - Sustainer Indoor Theater, 11:30 Freedom Chapel, 7 p.m. - Provider Chapel

Protestant- Praise and Worship

Sundays
9:30 a.m. Sustainer Indoor Theater, 5:30 p.m. Tuskegee Chapel, 6:30 p.m. Moral and Warfare Recreation Tent 29th SPT BN
Sundays and Wednesdays
7 p.m. Freedom Chapel

Protestant - Contemporary

Sundays
10 a.m. 299th FSB Tent Chapel, 11 a.m. Town Hall Latter Day Saints
Sundays
1p.m. Provider Chapel, 7 p.m. Tuskegee Chapel
Liturgical- Protestant
Sundays

8 a.m. Provider Chapel
Samoan Congregational Service
Sundays

Roman Catholic Mass

4 p.m. Provider Chapel
Mondays - Fridays: 7 p.m. Tuskegee Chapel
Wednesdays

11 a.m. Air Force Hospital

Saturdays

5 p.m. Tuskegee Chapel (4:45 p.m. Reconciliation)

Sundays

8:30 a.m. Freedom Chapel, 9 a.m. Tuskegee Chapel, 11 a.m. Provider Chapel, 3:30 p.m. "626" Chapel (for Special Ops personnel only)

Church of Christ

Sunday

11 a.m. Aviation Village 1, 1-245 ATS/Conf. room

Islamic Prayer

Fridays

13:30 p.m. Provider Chapel

Jewish Prayer

Fridays

6:30 p.m. Provider Chapel Annex

Know what this is?



Photo by Senior Airman Tim Beckham

If you can identify the object, send us an e-mail at redtailflyer@blab.centaf.af.mil. Last week's photo of a fire extinguisher pin was first identified by Tech. Sgt. Brian Williams, 332nd Logistic Readiness Squadron.

Meet your neighbor



Photo by Staff Sgt. Tammie Moore

Senior Airman Lowell Wann

Home station: Elmendorf Air Force Base, Alaska

Unit: 332nd Air Expeditionary Wing chaplain assistant

Hobbies: I enjoy building and working on computers, all outdoor activities and playing cards.

How do you contribute to the mission?

I help build the morale of Airmen.

What aspect of Balad surprised you the most? I was surprised by the swimming pool and the dormitories.

Besides your family, what do you miss back home? I miss hanging out with my friends and camping.

Sustainer movie schedule

Schedule is subject to change



Today

3 p.m. - Deuce Bigalow:
European Gigolo
6 p.m. - Flightplan
9 p.m. - Flightplan

Saturday, Oct. 8

3 p.m. - Wedding Crashers
6 p.m. - Must Love Dogs
9 p.m. - Flightplan

Sunday, Oct. 9

3 p.m. - Sky High
6 p.m. - Flightplan
9 p.m. - Hustle & Flow

Monday, Oct. 10

3 p.m. - Flightplan

6 p.m. - Wedding Crashers
9 p.m. - Deuce Bigalow:
European Gigolo

Tuesday, Oct. 11

3 p.m. - Hustle & Flow
6 p.m. - Flightplan
9 p.m. - Sky High

Wednesday, Oct. 12

3 p.m. - Must Love Dogs
6 p.m. - Hustle & Flow
9 p.m. - Flightplan

Thursday, Oct. 13

3 p.m. - Wedding Crashers
6 p.m. - Sky High
9 p.m. - Flightplan

